I claim:

- 1. An apparatus for applying an upward pressure to at least a portion of an object to be lifted which is at least sufficient to lift such object a predetermined distance, said apparatus comprising:
- (a) at least one elongated rod member formed of a first predetermined material and having a first predetermined shape;
- (b) a first means engageable with a first end of said elongated rod member for gripping said apparatus during use;
- (c) a second means one of formed integrally with said elongated rod member as a single piece and engageable as a separate piece at a first end thereof with a second end of said elongated rod member and extending outwardly therefrom for engaging such object to be lifted, and
- (d) a substantially stationary third means engageable with and disposed closely adjacent an intersection of said second end of said elongated rod member and said first end of said second means, said substantially stationary third means being positioned for supporting and pivoting said apparatus.
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2. The apparatus, as claimed in claim 1, wherein said substantially stationary third means is positioned substantially perpendicular to said second means on an underside of said second means.

- 3. The apparatus, as claimed in claim 2, wherein said substantially stationary third means has plastic caps to cover each end portion of said substantially stationary third means.
- 4. The apparatus, as claimed in claim 1, wherein said first predetermined material is a material having a strength at least sufficient to lift at least between about 150 and about 300 pounds.

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- 5. The apparatus, as claimed in claim 1, wherein said first means at least includes a rubber grip.
- 10 6. The apparatus, as claimed in claim 1, wherein a length of said at least one elongated rod member is adjustable.
 - 7. The apparatus, as claimed in claim 1, wherein a length of at least one of said first means and said second means is adjustable.
 - 8. The apparatus, as claimed in claim 1, wherein at least one of said first means and said second means is engageable with said elongated rod member by a ratchet arrangement whereby at least one of said first means and said second means can be adjusted to a variety of angles.

- 9. The apparatus, as claimed in claim 1, wherein said second means is formed of a second predetermined material.
- 10. The apparatus, as claimed in claim 9, wherein said second predetermined material is identical to said first predetermined material.

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- 11. The apparatus, as claimed in claim 1, wherein said second end of said second means includes a taper.
- 12. The apparatus, as claimed in claim 11, wherein said apparatus further includes a plastic sleeve to cover said taper to prevent damage to such item to be lifted.
- 13. The apparatus, as claimed in claim 11, wherein said taper has a V-shaped notch that is designed to remove nails.
- 14. The apparatus, as claimed in claim 1, wherein said substantially stationary third means further includes a third predetermined material.
- 15. The apparatus, as claimed in claim 14, wherein said third predetermined material is polyethylene.

- 16. The apparatus, as claimed in claim 1, wherein said first means is offset from said elongated rod member at a predetermined angle.
- 17. An apparatus for lifting at least a portion of one of furniture, appliances and movable wall structures, said apparatus comprising:

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- (a) at least one elongated rod member formed of a first predetermined material and having a first predetermined shape;
- (b) a handle means engageable with a first end of said elongated rod member for gripping said apparatus during use; and
- (c) an elongated leg member one of formed integrally with said elongated rod member as a single piece and engageable as a separate piece at a first end thereof with a second end of said elongated rod member and extending outwardly therefrom for engaging such object to be lifted, said elongated leg member being adjustable in at least one of an angular mode and a longitudinal mode.
- 18. The apparatus, as claimed in claim 17, wherein said apparatus further includes a base member disposed closely adjacent an intersection of said second end of said elongated rod member and said first end of said elongated leg member, said base member being positioned for both supporting and pivoting said apparatus.

- 19. The apparatus, as claimed in claim 18, wherein said base member is positioned substantially perpendicular to said elongated leg member on an underside of said elongated leg member.
- 20. The apparatus, as claimed in claim 17, wherein said elongated leg member includes a ratchet arrangement for engagement with said elongated rod member thereby providing a variety of angles between said elongated leg member and said elongated rod member.
- 21. The apparatus, as claimed in claim 17, wherein said elongated leg member includes at least two telescoping members thereby providing a longitudinal adjustment.

- 22. An apparatus for lifting at least a portion of one of furniture, appliances and movable wall structures, said apparatus comprising:
- (a) at least one elongated rod member formed of a first predetermined material and having a first predetermined shape;
- (b) an elongated arm member one of formed integrally with said elongated rod member as a single piece and engageable as a separate piece at a first end thereof with a first end of said elongated rod member and extending outwardly therefrom for gripping said apparatus during use, said elongated arm member

being adjustable in at least one of an angular mode and a longitudinal mode; and

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- (c) an elongated leg member one of formed integrally with said elongated rod member as a single piece and engageable as a separate piece at a first end thereof with a second end of said elongated rod member and extending outwardly therefrom for engaging such object to be lifted.
- 23. The apparatus, as claimed in claim 22, wherein said apparatus further includes a base member disposed closely adjacent an intersection of said second end of said elongated rod member and said first end of said elongated leg member, said base member being positioned for both supporting and pivoting said apparatus.
- 24. The apparatus, as claimed in claim 23, wherein said base member is positioned substantially perpendicular to said elongated leg member on an underside of said elongated leg member.
 - 25. The apparatus, as claimed in claim 22, wherein said elongated arm member includes a ratchet arrangement for engagement with said elongated rod member thereby providing a variety of angles between said elongated arm member and said elongated rod member.

- 26. The apparatus, as claimed in claim 22, wherein said elongated arm member includes at least two telescoping members thereby providing a longitudinal adjustment.
- 27. An apparatus for applying an upward pressure to at least a portion of an object which is at least sufficient to lift such object a predetermined distance, said apparatus comprising:

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- (a) a first elongated rod member formed from a first predetermined material and having a first predetermined shape;
- (b) a first means engageable with a first end of said elongated rod member for gripping said apparatus during use;
- (c) a second elongated rod member one of formed integrally with said first elongated rod member as a single piece and engageable as a separate piece at a first end thereof to a second end of said elongated rod member; and
- (d) an elongated object engaging means engageable with said second elongated rod member closely adjacent a second end thereof for engaging at least a portion of a bottom surface of such object to be lifted and for exerting an upward pressure to such object, said elongated object engaging means having a predetermined surface bearing area which is at least sufficient to prevent sidewise tipping of said apparatus during use.
- 28. An apparatus for removing a post imbedded in earth by applying an upward pressure to such post which is at least sufficient to lift such post a predetermined distance, said

predetermined distance being at least sufficient to enable removing such post by hand, said apparatus comprising:

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- (a) a first elongated rod member formed of a first predetermined material and having a first predetermined shape;
- (b) a handle means engageable with a first end of said first elongated rod member for gripping said apparatus during use;
- (c) a second elongated rod member one of formed integrally with said first elongated rod member as a single piece and engageable as a separate piece at a first end thereof with a second end of said first elongated rod member and extending outwardly therefrom;
- (d) a gripping means engageable with such post for gripping such post during removal;
- (e) an engagement means disposed at a second end of said second elongated rod member for engaging said gripping means in order to exert an upward pressure on such post; and
- (f) a substantially stationary combination support and pivot means engageable with and disposed closely adjacent an intersection of said second end of said first elongated rod member and said first end of said second elongated rod member for supporting and pivoting said apparatus.
- 29. The apparatus, as claimed in claim 28, wherein said gripping means and said engagement means are formed integrally as a single unit.